



The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

The Office for the Aging will be **closed Monday, September 1st** in observance of Labor Day.

Living Healthy 6-week Workshop

Feel **BETTER**, be in **CONTROL**, do the things **YOU** want to do.
Discover fresh practical ways to live better & healthier.



FREE to Attend

REGISTER NOW!
REGISTRATION IS REQUIRED TO ATTEND
CALL 884-4110



THURSDAYS

9:30 am to 12 pm

October 9, 16, 23, 30, November 6, 13

Clifton Park— Halfmoon Public Library

475 Moe Road

Clifton Park, NY 12065

Participants will receive a **FREE** Living Healthy Book and Relaxation CD valued at over \$25!

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for **October 2014**.

Corinth Senior Center	10:00 am - 12:00 pm	October 15
Galway Town Hall	1:30 pm - 3:00 pm	October 16
Malta Community Center	10:00 am - 12:00 am	October 20
Shenendehowa Village	12:00 pm - 1:00 pm	October 23
Doubleday Woods	10:00 am - 12:00 pm	October 24

Medicare's Monthly Tip: Now is the time to get your blood cholesterol checked and take steps to lower it if it's high. Medicare covers this test every 5 years. Talk to your doctor.

Does Medicare cover routine eye care?

In most cases, Medicare will not pay for routine eye care. However, a more specific answer to your question depends on what type of Medicare coverage you have and what type of eye care you need. Remember, there are two different coverage options for people with Medicare. People with Medicare can either get their Medicare benefits through Original Medicare, the traditional Medicare program administered directly through the federal government, or through a Medicare Advantage plan, also known as a Medicare private health plan.

If you have Original Medicare, Medicare will generally not pay for routine eye care. However, Medicare can make an exception and pay for routine eye care in the following situations:

- ♦ If you have diabetes, Medicare helps to pay for an eye exam once every 12 months to check for eye disease due to diabetes
- ♦ If you are at high risk for glaucoma, Medicare helps to pay for an eye exam by a state-authorized eye doctor once every 12 months. You are considered to be at high risk for glaucoma if you have diabetes, have a family history of glaucoma, are an African American over age 50, or are a Hispanic American age 65 or older.

Medicare may also pay for eye care services if you have a chronic eye condition, such as cataracts or glaucoma. Specifically, Medicare can cover cataract surgery, as well as eye exams to diagnose potential vision problems. Keep in mind that Medicare generally does not cover eyeglasses or contact lenses, unless you have cataract surgery. If you have Original Medicare, Medicare may cover one pair of eyeglasses or one set of contact lenses if you need them after cataract surgery.

If you get your Medicare benefits through a Medicare Advantage plan, your plan may offer more vision coverage than Original Medicare. Keep in mind, however, that most plans generally offer limited vision coverage. If you have a Medicare Advantage plan, contact your plan directly to learn more about your plan's benefits, costs and rules.

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BEWARE of SCAM

There is a vicious scam going on that affects grandparents and could cost them thousands of dollars. One of our senior volunteers was recently affected by this scam. She received a call from a young person who said he was her grandson. He said he had been arrested and needed money for his bail. He begged her not to tell anyone. He then proceeded to tell her that "Officer Walton" would get on the line to tell her how she can help him.

At this point it's easy to panic. However, it's important to remain calm and ask questions that others including those on social media would not know the answer to. For example, their father's middle name, the name of his first pet, or where he went to Kindergarten. If he can't answer your questions hang up and call your grandchild or his parents immediately to make sure he is okay.

If you do talk to the "fake" Officer Walton, he will tell you the amount of money that needs to be sent immediately. He will have you bring cash to a local store to purchase MoneyPak Green Dot cards that look similar to gift cards. He then wants you to go home and call him up, scratch off the numbers and give them to him. The minute you give him the numbers, your money is gone.

So instead call the police station where your grandson lives and ask them if he is in jail. You may feel silly, but they know all about scams like this. It's also a good idea to tell everyone you know about what happened, so they don't fall victim to the same scam.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

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*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

A is for Apple

Historians may not agree to the origin of the apple however, it would be difficult to dispute the many culinary uses for apples such as cider, pies, donuts, and crisps to name a few. As autumn approaches, apple picking, eating a fresh apple and creating treats made with apples is a favorite past time for many in our area. How fortunate we are to live in a state that produces many varieties of apples.

The long time saying, "An apple a day keeps the doctor away" is praise to the apples nutritional attributes. One medium apple contains only 95 calories; however it contains 17 percent of the Daily Value (DV) for fiber, 14 % DV of the antioxidant Vitamin C as well as a high amount of health protecting plant chemicals known as polyphenols. Consumption of apples has long been studied for their role in disease prevention, including several cancers. Studies have linked apple consumption to a reduced risk for colorectal cancer and protection from symptoms of Alzheimer's disease and oxidative brain damage that can lead to memory loss.

Apples are fruits with many tiny seeds within a core otherwise known as pomes. This white fleshed fruit comes with skins of red, green and yellow. There are many different varieties of apples to choose from and flavor varies significantly by variety. New varieties continue to surface making it hard to pick a favorite. Sweeter varieties such as Red and Golden Delicious are best known for eating whole and raw as are the slightly tart Fuji and Braeburn. Apples with a tart bite such as Granny Smith and Pippin are often preferred in cooking.

Apples are best in season from the end of summer until early winter with some varieties being available year round. Store apples in your refrigerator fruit crisper. Try different varieties of apples for both eating and cooking. Apple guides are often available this time of year in the produce department of your grocery store and/or at the apple orchard which suggest the best apple choices for eating, baking, salads etc. Although eating a raw, whole unpeeled apple offers the most nutrition, it can be hard to resist those apple treats. Enjoy these treats in moderation and consider some healthier options such as: an apple muffin made with whole grain flours, nuts, seeds and/or other dried fruits, waldorf salad, or a snack such as a baked apple or apple slices paired with cheese and nuts.